

SAFE Spotlight

March/April 2010



THE SAFE COMMUNITY NETWORK IS AN INITIATIVE OF THE IOWA DEPARTMENT OF PUBLIC HEALTH'S BUREAU OF SUBSTANCE ABUSE PREVENTION & TREATMENT IN THE DIVISION OF BEHAVIORAL HEALTH

Teens Who Drink With Parents May Still Develop Alcohol Problems

Parents who try to teach responsible drinking by letting their teenagers have alcohol at home may be well intentioned, but they may also be wrong, according to a new study in the latest issue of the *Journal of Studies on Alcohol and Drugs*.

In a study of 428 Dutch families, researchers found that the more teenagers were allowed to drink at home, the more they drank outside of home as well. Teens who drank under their parents' watch or on their own had an elevated risk of developing alcohol-related problems. Drinking problems included trouble with school work, missed school days and getting into fights with other people, among other issues.

The findings, say the researchers, put into question the advice of some experts who recommend that parents drink with their teenage children to teach them how to drink responsibly -- with the aim of limiting their drinking outside of the home.

That advice is common in the Netherlands, where the study was conducted, but it is based more on experts' reasoning than on scientific evidence, according to Dr. Haske van der Vorst, the lead researcher on the study. "The idea is generally based on common sense," says van der Vorst, of Radboud University Nijmegen in the Netherlands. "For example,

the thinking is that if parents show good behavior -- here, modest drinking -- then the child will copy it.

Another assumption is that parents can control their child's drinking by drinking with the child." But the current findings suggest that is not the case. Based on this and earlier studies, van der Vorst says, "I would advise parents to prohibit their child from drinking, in any setting or on any occasion."

The study included 428 families with two children between the ages of 13 and 15. Parents and teens completed questionnaires on drinking habits at the outset and again one and two years later.

The researchers found that, in general, the more teens drank at home, the more they tended to drink elsewhere; the reverse was also true, with out-of-home drinking leading to more drinking at home. In addition, teens who drank more often, whether in or out of the home, tended to score higher on a measure of problem drinking two years later.

The findings, according to van der Vorst, suggest that teen drinking begets more drinking -- and, in some cases, alcohol problems -- regardless of where and with whom they drink.

SOURCE: *Journal of Studies on Alcohol and Drugs*, January 2010

Town Hall Meetings to Address Underage Drinking

Underage drinking continues to be a leading public health problem in the United States. Alcohol use threatens the safe and healthy development of more young people than any other substance, even more than tobacco and illicit drugs.

As part of a national effort to help communities in their efforts to stop underage drinking, a series of Town Hall Meetings will take place across America during the week of March 22, 2010. Town Hall Meetings help increase understanding and awareness of underage drinking and its consequences, as well as encourages individuals, families, and communities to address the problem.

This nationwide effort will work to meet goals from [The Surgeon General's Call to Action To Prevent and Reduce Underage Drinking](#) (PDF) and is supported by the Federal Interagency Coordinating Committee on the Prevention of Underage Drinking (ICCPUD).

For Town Hall Meeting resources, go to www.stopalcoholabuse.gov. For a list of Town Hall Meetings happening in Iowa, go to www.stopalcoholabuse.gov/townhallmeetings/map/Map_2010.aspx.

Do you need to renew your SAFE certification? Go to www.idph.state.ia.us/bh/sa_safe_network.asp for more information

Funding Availability*:

- **Andersen Corporate Foundation**
www.srinc.biz/bp/
- **Best Buy Children's Foundation**
www.easymatch.com/bestbuygrant/
- **Doris & Victor Day Foundation**
www.dayfoundation.org/
- **Hearst Foundations**
www.hearstfdn.org/
- **IDPH Community Coalition Grant**
www.idph.state.ia.us/IdphGBP/IdphGBP.aspx
- **IDPH County Substance Abuse Prevention Services**
www.idph.state.ia.us/IdphGBP/IdphGBP.aspx
- **Nike Foundation**
www.nikebiz.com/responsibility/nike_giving_guidelines.html

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Iowa Department of Public Health

Promoting and Protecting the Health of Iowans

SAFE Contact Information

Julie Hibben, Prevention Consultant
Iowa Department of Public Health
321 E. 12th Street
Des Moines, Iowa 50319

Phone: 515-725-7895

Fax: 515-281-5354

E-mail: jhibben@idph.state.ia.us

Web site:

www.idph.state.ia.us/bh/sa_safe_network.asp

History of the SAFE Community Network

In 1989, the Iowa SAFE Community Network was launched in response to needs and concerns expressed about substance abuse issues across the state. Initially, SAFE was an acronym for "Substance Abuse Free Environment" but now the SAFE format can be used to focus on many prevention-related issues. Offered by the Iowa Department of Public Health, this program helps communities collaborate to reduce substance abuse, crime, violence and other related problems. The Iowa SAFE Community Network is designed to enhance, recognize and support existing prevention services and initiatives in the community and to be a resource to its citizens.

Upcoming Training Opportunities

POVERTY SIMULATION ON MARCH 17, 2010 AT SOUTHWESTERN COMMUNITY COLLEGE IN CRESTON. TO REGISTER, CONTACT LISA KRUEGER AT 641-202-9251 or lkrueger@iastate.edu.

SUBSTANCE ABUSE PREVENTION

SPECIALIST TRAINING ON MARCH 24-25 AND APRIL 22-23, 2010 IN JOHNSTON. TO REGISTER, GO TO WWW.COUNTERDRUGTRAINING.COM.

DRUG ENDANGERED CHILDREN

CONFERENCE ON APRIL 5, 2010 IN ALTOONA. FOR MORE INFORMATION, GO TO WWW.IOWADEC.NET.

GOVERNOR'S CONFERENCE ON

SUBSTANCE ABUSE ON APRIL 6-7, 2010 IN DES MOINES. TO REGISTER, GO TO WWW.TRAININGRESOURCES.ORG.

GOVERNOR'S CONFERENCE ON PUBLIC

HEALTH ON APRIL 14-14, 2010 IN AMES. TO REGISTER, GO TO WWW.IOWAPHA.ORG.

DOES YOUR AGENCY OR COALITION HAVE ANY TRAINING INFORMATION THEY WOULD LIKE TO SHARE IN THE SAFE SPOTLIGHT? IF SO, E-MAIL JULIE HIBBEN AT [JHIBBEN@IDPH.STATE.IA.US](mailto:jhibben@idph.state.ia.us).



Coalition Update & News

CADCA Online Training Now Available

The CADCA recently launched a series of 14 Web-based training courses focusing on the core competencies of community problem solving. Taken together, the new courses comprise the fundamental "building blocks" of effective coalitions strategic planning and strategy implementation. Designed for individuals new to coalition work, coalition volunteers, board members and sector representatives, they may be taken as single courses, sets of modules or as a series. Training course topics include creating logic models, assessment, coalition evaluation and others. Pricing for the Web-based programs begins at \$45 for a single course, with CADCA members receiving a 10 percent discount. A complete pricing guide is available at www.cadca.org/trainingevents/distancelearning/online-courses.

National Inhalants and Poisons Awareness Week

National Inhalants & Poisons Awareness Week (NIPAW) is an annual recognition that takes place the third week in March. NIPAW is designed to increase understanding about the use and risks of inhalant involvement and has proven to be an effective means of mobilizing communities to reduce inhalant use. Almost 2,000 organizations and individuals from 46 states participated in the last NIPAW.

For more information on how to respond to the problem of inhalants in your community and to order a National Inhalants & Poisons Awareness Week coordinators kit, contact the National Inhalant Prevention Coalition visit www.inhalants.org/nipaw.htm.

Partnering for Success

The National Association of Chronic Disease Directors (NACDD) has created a new publication, Partnering for Success: How Health Departments Work and How to Work with Health Departments.

This publication focuses on creating healthy schools and the many ways in which health departments can be of support to schools, education departments and community leaders. It is designed to help readers better understand how state and local public health systems are structured, their roles, what types of programs they administer, the support and resources they can offer and how take advantage of those resources.

To download the publication, go to [www.chronicdisease.org/files/public/CDCHHDWBrochurewebv17\[1\].pdf](http://www.chronicdisease.org/files/public/CDCHHDWBrochurewebv17[1].pdf).

April is Alcohol Awareness Month

Alcohol abuse is prevalent within many demographic groups in the United States. People who abuse alcohol can be [teenagers](#) sneaking drinks before high school football games or at unsupervised parties, [college students](#) who binge drink at local bars, [pregnant women](#) who drink and put their babies at risk for fetal alcohol syndrome, [professionals](#) who drink after a long day of work or [senior citizens](#) who drink out of loneliness. To recognize the serious problems that alcohol can cause, April is designated as Alcohol Awareness Month.

Consider promoting this national recognition through your coalition during the month of April. Contact the Iowa Substance Information Center for free alcohol-related resources at www.drugfreeinfo.org.